



Town of Hamburg Youth, Recreation, & Senior Services

Erie Community College South - Building 4

4041 Southwestern Blvd. Orchard Park, NY 14127 • 716-646-5145

A U G U S T 2 0 2 5

TOWN BOARD

Town Supervisor
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SUPERVISORY STAFF

**Director of Youth, Recreation,
& Senior Services**
Jillian Gorman-King

Recreation Supervisor
Hilary Pundt

Program Coordinator
Meghan Guziec

IMPORTANT DATES

We will be holding a flu clinic
Fall 2025
More information to come

Project Linus: Drop Off Site

The Youth, Recreation, & Senior Services Department will continue to be a drop off site for Project Linus at our temporary location. Project Linus delivers handmade blankets for children in need.



**ALREADY A
MONTH AT
OUR TEMPORARY
SITE!**



**COME OVER
AND VISIT US!**



INFORMATION VENDORS (FOYER)

Information Vendors will return in
September 2025

A message from the Youth, Recreation & Senior Services Department

As we are settling into our temporary home at ECC. We want to extend a thank you and appreciation to everyone who visited us during our open house and those who continue to come to our regular programming. We encourage everyone to join us during the upcoming months

CONTACT INFORMATION

***Notice:** Our Recreation & Senior registration/information desks have merged. The number to call for senior programming is now 716-646-5145

Hamburg Youth, Recreation, & Senior Services Office
716-646-5145
Monday-Friday • 8:00 AM - 4:00 PM

Therapeutic Pool (Page 5)
716-598-0880
Monday-Friday

Stay Fit Dining Program, HSCC Site (Page 2)
716-646-0096

Senior Transportation Dispatch (Page 6)
716-646-1666
Monday-Friday • 9:00 AM - 4:00 PM

STAY FIT DINING LUNCH PROGRAM

Provided by Erie County Department of Senior Services

Congregate Dining (HSCC Diner):

Lunches are served Tuesday through Friday at 11:30 AM

Stay Fit Frozen Meals (3 or 5 pack meals):

Mondays between 10:00 AM - 11:00 AM

Reservations must be made for both Congregate Dining and Frozen meals by 10:00 AM Wednesday of the preceding week. To make a reservation for lunch and/or order frozen meals, please call 646-0096 between 9:00 AM - 12:00 PM

Registration forms and lunch menu available at our desk. The suggested donation is \$3.50

Alternate Stay Fit Dining Site:

Creekbend Apartments
25 Buffalo St. 716-648-2414
Lunch is served Monday-Friday at 11:00 AM

ABOUT US

The Hamburg Senior Community Center is available to adults 55 and above to enjoy nutritional, educational, social, fitness & wellness programs in a safe, welcoming environment.

We ask all participants at our center to...

- Respect others' opinions & privacy
- Use appropriate language
- Speak kindly to one another
- Welcome all

REGISTRATION

Registration is necessary when participating in our Fitness & Wellness program and our Stay Fit Dining Program. Flyers for special events and other programs will indicate if registration is required.

BE A CLASSIC HELPER

- Help with special events and programs
- Organize supplies for Teachers Desk
- Assist with lectures

Monthly event list is available at the Senior Desk & emailed to our Classic Helpers

Interested in joining? Contact Hilary

HEALTH INSURANCE INFORMATION & COUNSELING ASSISTANCE PROGRAM (HIICAP)

Every 3rd & 4th Wednesday; appointment required

This program offers unbiased information and assistance regarding: health insurance, supplemental policies, long-term care insurance, assistance with filing claims, and referrals to other professionals.

Music, Mingle, & Rootbeer Floats!

Enjoy the sounds of Lou Custody! Concert will be outside; please bring your chair.

Date: Monday August 4, 1:00 - 2:00 PM

Cost: Concert is Free; Rootbeer Floats \$2.00

Sign up for rootbeer floats by Friday, August 1

Coffee with the Hamburg Police

Come ask questions, bring up topics, and learn about the community with representatives from the Hamburg Police Department.

Date: Tuesday, August 19 at 10:30 AM

Boppin' Around the Burg - Family Events

Bring the grandchildren! Family fun FREE events at various playgrounds around Hamburg

August 21 - Magician Paul Antonio at Rush Creek

August 28 - Buffalo Zoomobile at Carnegie

Summer Concert Series

All are welcome to attend!

Food & Refreshments will be available for sale (cash only). Bring your lawn chair!

Tuesdays at 4:30 PM held at Erie Community College - South Courtyard near Building 4 (unless stated otherwise)

AUGUST 5 - BROTHER JAMES

AUGUST 19 - MUSIC WITH CINDY SUE & BRYAN
"FOLK SYTLE"

AUGUST 26 - SENTIMENTAL JOURNEY

SEPTEMBER 2 - ROCKIN' ROBIN



TECHNOLOGY TRAINING WITH THE BUFFALO LIBRARY

Will return in the Fall



ERIE COUNTY SENIOR SERVICES SENIOR CENTER TRIVIA

Join Team Hamburg and compete virtually against other senior centers in Erie County!
Date: Monday, August 11 at 12:30 PM (Library)
This program is held every 2nd Monday of the month



TRIVIA WITH JOANIE!

Summer Trivia!
Tuesday, August 13, 2025
11:00 AM

MOVIE TIME

Movies are free

Friday, August 8 at 12:30 PM

"The Upside" • PG-13 • 2017 • Comedy/Action •

2h 5m

A wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, and unlikely friendship blossoms.

Monday August 18 at 10:00 AM

"Mona Lisa Smiles" • PG-13 • 2003 •

Comedy/Romance • 1h 57m

A recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them, Katherin inspires her traditional students to challenge the lives they are expected to lead.



AARP DRIVER SAFETY CLASSES

Courses are offered to those who are 50 years of age and older. Those completing the course may qualify for a discount of up to 10% for 3 years on their automobile liability and collision insurance and/or a 4-point reduction on their driver's license for accrued moving violations.

Courses held through the Hamburg Senior Center will continue in October 2025 at our temporary location (Erie Community College, Building 4)

Cost for AARP members is \$25

Cost for Non-AARP members \$30

You must register in-person at our front desk.
Seating is limited.



GROUP EXERCISE WILL CONTINUE IN THE GYMNASIUM UNTIL AUGUST 29, 2025. CLASSES WILL THEN BE HELD AT ECC SOUTH BUILDING 4 STARTING TUESDAY, SEPTEMBER 2, 2025.

PICKLEBALL WILL CONTINUE IN THE GYMNASIUM; SCHEDULE WILL CHANGE AFTER AUGUST 29, 2025 AND REMAIN AT 4540 SOUTHWESTERN BLVD.



Senior Fitness Center

Open Monday-Friday 7:00 AM - 4:00 PM

Senior-friendly cardio and strength training machines.

*After registration, an orientation is required prior to utilizing the facility.



Pickleball Open Play

Mondays & Wednesdays 12:15 - 2:45 PM • Fridays 12:00 - 2:45 PM
Beginner Skill Level (6 months of play) courts available on Wednesdays.



Therapeutic Pool (located at 4150 Sowles Rd, Bldg H)

Classes & Open Swim run Monday-Friday.

Hours of Operation vary depending on class schedule.

PROGRAM FEES

All payments of cash and check must be made at the temporary YRSS desk located at Erie Community College, Building 4. Credit Card may be done over the phone.



Fitness Room & Exercise Classes (Combined)

Resident \$25/month; Non-Resident \$30/month

Therapeutic Pool Classes & Open Swim

Resident \$25/month; Non-Resident \$30/month

All Inclusive Annual Fee:

\$240 single; \$290 for couples

(HSCC Fitness Room, Group Exercise Classes,

Therapeutic Pool Classes, and Open Swim.

Hamburg Residents Only: Town Park Fitness &

Wellness Facility, Beach Sticker, and ID Card)

Pickleball:

Weekly Resident \$6; Non-Resident \$8



Monthly Resident \$15; Non-Resident \$20

The following insurances are accepted:
SilverSneakers, Silver & Fit, Renew Active, & Fit On Health.

THERAPEUTIC AQUATIC GROUP EXERCISE CLASSES

SCHEDULES AVAILABLE AT FRONT DESK AND ON OUR WEBSITE

Aqua Aerobics & Strength Class (45mins)

Add both strength and cardio to your workout! With a concentration on the core muscles.

Silver Splash Class (45mins)

Improve your agility, flexibility, and cardiovascular endurance while performing shallow water moves in this fun class.

Open Swim 45mins)

Enjoy the open time to work on your own routine!

SENIOR GROUP EXERCISE CLASSES

SCHEDULES AVAILABLE AT FRONT DESK AND ON OUR WEBSITE

Abs/Back Strengthening (45mins)

Floor exercises that concentrate on your core (abs, back & hips). You must bring your own mat.

ACE (Anyone Can Exercise) (45mins)

Manage your arthritis through movement.

Cardio Lite (45mins)

Whole body with low impact aerobics, muscle strengthening, and stretches.

Classic Step (45mins)

Class helps increase muscular strength and promotes daily living.

Silver Sneakers Classic (45mins)

Focuses on strengthening muscles and range of motion.

SilverSneakers Fall Prevention (45mins)

Improve balance, lower body strength, and cognitive functions.

Strength & Stability (45mins)

Body strengthening, flexibility and improving balance.

Total Fitness (45mins)

Overall workout for flexibility, strength, and cardio.

Yoga (45mins)

Increase flexibility, strength, and breath through the method of Hatha Yoga.

6 | CLUBS . GROUPS . TRANSPORTATION

MONDAYS

Coffee Club (Weekly) 10:00 AM *Bring your own K-Cup

TUESDAYS

Mah Jong (Weekly) 9:30 AM

72's Social Club (Every 2nd Tuesday) 1:00 - 3:00 PM

Bridge (Weekly) 12:30 PM

Wanakah Seniors Club, Pinochle (Weekly) 1:00 PM



BIKE PATROL



RIDES ARE EVERY FRIDAY MORNING

CALL THE FRONT DESK

FOR MORE INFORMATION

WEDNESDAYS

Hamburg Sew N Sews (1st & 3rd Wednesday) 10:00 AM - 3:00 PM

Ping Pong (Weekly) 10:30 AM

Wii Bowling (Weekly) 12:30 PM Retuning August

Game Day (2nd & 4th Wednesday) 1:00 PM

THURSDAYS

Little Fun Reading Club (2nd Thursday) 11:00 AM *Next meeting September*

Ping Pong (Weekly) 12:30 PM

Wii Bowling (Weekly) 12:30 PM

Southtowns Women's Friendship Club (1st Thursday) 1:30 PM *Next meeting September*

Book Review Club (3rd Thursday) 1:30 - 3:30 PM

August Meeting: Book selection meeting

FRIDAYS

Teachers Desk Volunteers (Weekly) 10:00 AM *Next Meeting October*

Sowles Seniors Club, Pinochle (Weekly) 1:00 PM

HELD AT OTHER LOCATIONS: FRIENDLY TRAVEL CLUB (EVERY 2ND TUESDAY) 6:00 PM (TOWN HALL)

SENIOR TRANSPORTATION

Monday- Friday, 9:00 AM - 4:00 PM Dispatch 646-1666

Van Service available for:

- Medical appointments: Hamburg, adjoining municipalities, and the City of Buffalo
- Senior programs & shopping within Hamburg
- Grocery shopping (Tuesdays & Thursdays)

Transportation service for **Hamburg residents** - elderly & disabled adults - in need of transportation to various appointments and destinations. Our fleet consists of full-size passenger vans and wheelchair-accessible vehicles.

Reservations for **medical** appointments may be made up to one week in advance. For all other trip purposes, 24 hours in advance.

Fees are determined by distance and route. Most fees are within \$10 to \$30, per round trip. Wheelchair van operates within the town and is available, on a limited basis, beyond Town limits.

Vans do not run on Town holidays and may not operate in cases of inclement weather or other unforeseen occurrences.

Word Twist Camping

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



hgifisn _____

hinkig _____

iefr _____

siteors _____

entt _____

cnsuresen _____

sfetor _____

tobso _____

nhssieun _____

esmors _____

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Harmonia Collaborative Care 96 S. Buffalo St; Hamburg

Hamburg residents are eligible for some services provided through the agency's Senior Care Management Program. Harmonia provides a full range of financial, housing, home energy, safety, nutrition, personal care, and mental health services to frail, low-income, and isolated seniors. Call 648-0650 or visit www.harmonia-care.org.

A representative from Harmonia will have an information table monthly in the foyer. The scheduled date is on the front page of Prime Times.



FeedMore WNY's

FeedMore WNY's home-delivered meal program (also known as Meals on Wheels) offers nutritious food and friendship to older adults who have difficulty preparing their own meals.

For more information, call FeedMore WNY at 716-822-2002



Recycle for Sight

Donate Usable Eyeglasses at the Hamburg Senior Community Center
Organized by Hamburg Lions Club

Word Twist Answers

Fishing
Hiking
Fire

Stories
Tent
Sunscreen

Forest
Boots
Sunshine

Smores

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